



Mental Toughness (MTQ48) Licensed User Training 1 Day Intensive Workshop Friday 4 March, 2016 (Melbourne)

Mental Toughness is a personality trait which is emerging as the key to understanding how people respond to stress, pressure and challenge. Research shows that mental toughness is a key factor in resilience and sustainable performance. It can account for up to 25% of the variation in an individual's performance and is a significant factor in wellbeing.

MTQ48 is a valid and reliable psychometric questionnaire measuring Mental Toughness. It has been designed to be extremely accessible and is used in business, sport, education and other sectors.

Become an accredited licensed user of this effective psychometric tool and measure the mental toughness of your clients.

Prior to the workshop you will:

- Receive an invitation to complete your own MTQ48 report.

At the workshop you will:

- Receive your own MTQ48 report to increase self-awareness and understanding
- Understand Mental Toughness and its implications for performance, behaviour & wellbeing.
- Understand how MTQ48 can help develop individual and organisational performance.
- Become confident in using MTQ48 concepts to provide insightful feedback to your clients.
- Be highly engaged, optimising the opportunity to understand the concept.
- Be supported with a comprehensive workbook, slides and other resources.

At the completion of the workshop you will:

- Be equipped with materials, knowledge and skills to conduct mental toughness assessments.
- Receive an MTQ48 Licensed User certificate from AQR – the test publisher.
- Receive 2 further complimentary MTQ48 tests.

PRICE: The fee for this workshop is \$700.00 + GST per participant (includes lunch, morning and afternoon tea).

Where: Karstens, 123 Queen Street, Melbourne, 3000.

Registration and payment can be made by clicking the TryBooking link - <http://www.trybooking.com/KIJO>

For more information email us at info@sagelearning.com.au